

Eden Heights Of Olean

Assisted Living & Memory Care



October
2019



Tips for Autumn

As we head into the cooler weather, we need make sure we do what we can to help stay healthy, here are a few things that can help.

- Cold and flu season starts in the Fall. With the temperatures dropping and people staying indoors more, viruses have a better chance of growing, so get your flu vaccines. The Cattaraugus County Health Department will be here on October 11th, 9:00-11:00am to administer flu and pneumonia shots.
- Get plenty of sleep.
- Eat healthy and exercise.
- Make sure to keep yourself hydrated.
- Don't forget to cover your mouth if you cough or sneeze and wash your hands!
- Be careful outdoors, surfaces may be wet and slippery so use precaution when walking on wet surfaces.

Dressing for the cool weather when going outside:

- Layers are your best bet in the fall when the temperature can drop quickly or just as easily warm up.
- Add or shed layers according to the temperature.
- Don't forget your gloves and a hat!



Welcome new Employee to the Activity Department



We are pleased to have Megan Warters as a part of our team in the Activity Department. Megan grew up and lives in Allegany, NY. She graduated from Allegany-Limestone Central School and attended Utica College, she graduated May 2019 with a Bachelors Degree in Therapeutic Recreation. She has one sister, whom she is close with and one dog named Stewie and 2 cats named Axel and Abby. She enjoys spending time with her family and friends, she likes to play soccer and staying active, she also loves playing card games. She is very excited to have joined the Eden Heights Community and she looks forward to getting to know everyone better!
Welcome Megan to our Team and community!

Halloween Visit!

On October 31st at 10:00am, we will be having visitors from Southern Tier Catholic School, they will be trick or treating through-out our community! Activity Department will be handing out buckets with candy for residents to pass out to the children, if you would like a bucket please let Activity Staff know. Thank you!



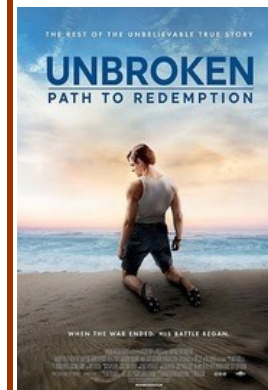
Annual Costume Contest

Also on October 31st, we will be having our Annual Halloween Costume Contest. The Activities Department has numerous costumes for residents to choose from if they do not have one. We will begin our contest at 1:30pm in the Wellness Care Dining room and continue our walk to the judges table in the Activity Department! Family and friends are welcome to join us. Residents, family and friends will go first and then staff!! Put on your costume and join in the fun!!!



Veteran's Club & Men's Club

This month on October 19th, we will feature **Unbroken, the Path to Redemption**. This is the next amazing chapter of Olympian and World War II hero Louis Zamperini's powerful true story of forgiveness, redemption, and amazing grace.



Louis Zamperini was born in 1917 in Olean. He was two when his parents moved the family to Torrance, California. There is a granite monument in Olean's War Veterans Park which pays tribute to Mr. Zamperini. The movie will be shown at 1:00pm in the Activity area on October 19th.

The Veteran's have also extended an invitation to any resident's family members who might want to see this movie.



Russell Philips Fire & Safety will be here for a Staff in-service on October 17th at 1:30pm in the Dining Room, we will be having an early lunch at 11:30am on this day.

There will be no afternoon activities on this day.



Important Dates:

**October 11th @ 9:00-11:00am
Cattaraugus County Health Department
Flu/Pneumonia shots.**



Meeting Dates

Activity Meeting- October 21st @ 1:30pm

Bon Appetite Meeting-October 28th @
1:30pm

Resident Council Meeting – October 29h @
3:30pm

Autumn's Caress

The calm brush of a breeze
With the scent of home fires burning.
Inviting, the spell of leaves falling
and provoke a smile.

The Gentle Caress of autumn
steals the sultry heat of summer
precludes the melancholy of winter;
a careful lover, he whispers in your ear
promises of evenings spent
enthralled within his arms
as he teases you with nature's kisses.

Within the change of seasons
comes the promise of his visit
and within his embrace, the promise
your heart will be kept warm and your soul lulled
into rest before the chill of winter steals
his caress away from you.



Pumpkin Taste Off Contest

We are having a Pumpkin Taste off Contest on October 24th at 10:30am in the Activity Area. This Pumpkin Taste off is open to residents, family members, friends and staff.

Only requirement to this taste off, is that your dish/dessert etc. must have pumpkin in it.

Activities is looking for two judges from staff or family and one judge from residents, if you are interested, please let April or Dawn know by October 22nd.



Staff Birthday's

- Cathy Morton-October 9th
- Alexa Kissinger-October 14th
- Ester Sisson-October 17th
- Jacqueline Hadsell-October 26th

If you are new to our team, please let Activity staff know your birthday so we can add you to our list! Thank you!





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We're on the web:
www.edenheights.com

Kelly Wilkins	Executive Director
Nicole Jimerson	Business Office Manager
Charlene Burgess	Wellness Care Director
Sharon Konert	Memory Care Director
Jody Jordan	Case Manager
Marsha Ingalls	Dining Services Manager
Justin Putnam	Environmental Director
April Kilbourn	Activity Director
Danielle Delong	Community Development Director

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Outings for the month of October

October 1st-Pumpkinville at 1:00pm

October 10th-Scenic Drive & Donut/Cider Shop at 10:30

October 21st-Olean Mall at 10:30am

October 30th-Spragues at 10:30am

Reminders:

Residents, kitchen staff can not put any left over food into their refrigerator, it is against Department of Health Regulations!

A little reminder about the reserved parking spots out front of the building, please make sure you aren't parking in those spots, they are reserved for our residents who have vehicles. Thank you!

Happy Birthday!

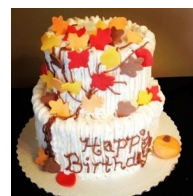
Virginia Schwartz– October 7th

Mary Ann Maduri — October 13th

Mary Sullivan– October 16th

Martha Robertson– October 21st

Jacquelyn Gattuso—October 23rd



Entertainment

On Wellness Care:

Nandor October 3rd @ 1:30pm

Ron Kirchner & Terry October 10th @ 1:30pm

Joanne & Carl October 15th @ 1:30pm

Dave Tucker October 24th @ 1:30pm

Cindy & Bryan October 29th @ 1:30pm

On Memory Care:

The Calabrese's October 5th @ 2:00pm

Alex Cole-October 22nd @ 10:30am



Painting Halloween Lanterns with Sharon Konert

On Saturday, October 26th at 1:30pm, a workshop will be held in the Activity room, Sharon will be painting mason jars and turning them into Halloween Lanterns. The sign up sheet to participate is on the Activity area Bulletin Board. Please sign up if you are planning on joining us; Friends and family are always welcome.

